

# Jar of Hope

## The Jar of Hope:

This week, think about the things that make you hopeful. Find an empty jar and decorate it as your Jar of Hope. You could use the template on the website.

Write down the things that you are missing doing at the moment and put them in the jar. This way you can look in your Jar of Hope and celebrate and appreciate being able to do things again.



**"All it takes is one good person to restore hope."**

*Pope Francis*



Inspired by your  
Jar of Hope?

Design a poster with  
things that make you  
hopeful!

Find more resources at  
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